

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin D (IU)

Food Groups: Vegetables and Vegetable Products  
Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: February 15, 2016 00:15 EST

| NDB_No | Description  | Weight(g) | Measure                   | Vitamin D(IU)<br>Per Measure |
|--------|--|-----------|---------------------------|------------------------------|
| 11936  | Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw                     | 87.0      | 1.0 cup whole             | 1110                         |
| 11998  | Mushrooms, portabella, exposed to ultraviolet light, raw                                     | 86.0      | 1.0 cup diced             | 976                          |
| 11993  | Mushrooms, maitake, raw  | 70.0      | 1.0 cup diced             | 786                          |
| 11938  | Mushroom, white, exposed to ultraviolet light, raw   | 70.0      | 1.0 cup pieces or slices  | 732                          |
| 11939  | Mushrooms, portabella, exposed to ultraviolet light, grilled                                 | 121.0     | 1.0 cup sliced            | 634                          |
| 11240  | Mushrooms, morel, raw  | 66.0      | 1.0 cup                   | 136                          |
| 11239  | Mushrooms, Chanterelle, raw  | 54.0      | 1.0 cup                   | 114                          |
| 11656  | Corn pudding, home prepared  | 250.0     | 1.0 cup                   | 55                           |
| 11987  | Mushrooms, oyster, raw   | 148.0     | 1.0 large                 | 43                           |
| 11658  | Spinach souffle  | 136.0     | 1.0 cup                   | 42                           |
| 11269  | Mushrooms, shiitake, cooked, without salt  | 145.0     | 1.0 cup pieces            | 41                           |
| 11798  | Mushrooms, shiitake, cooked, with salt   | 145.0     | 1.0 cup pieces            | 41                           |
| 11379  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 210.0     | 1.0 cup                   | 25                           |
| 11383  | Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added    | 210.0     | 1.0 cup                   | 23                           |
| 11934  | Potatoes, mashed, home-prepared, whole milk and butter added                                 | 210.0     | 1.0 cup                   | 21                           |
| 11267  | Mushrooms, shiitake, stir-fried  | 89.0      | 1.0 cup whole             | 19                           |
| 11243  | Mushrooms, portabella, grilled   | 121.0     | 1.0 cup sliced            | 17                           |
| 11657  | Potatoes, mashed, home-prepared, whole milk added  | 210.0     | 1.0 cup                   | 17                           |
| 11371  | Potatoes, mashed, home-prepared, whole milk and margarine added                              | 210.0     | 1.0 cup                   | 15                           |
| 11264  | Mushrooms, canned, drained solids  | 156.0     | 1.0 cup                   | 12                           |
| 11797  | Mushrooms, white, cooked, boiled, drained, with salt   | 156.0     | 1.0 cup pieces            | 12                           |
| 11261  | Mushrooms, white, cooked, boiled, drained, without salt                                      | 156.0     | 1.0 cup pieces            | 12                           |
| 11263  | Mushrooms, white, stir-fried   | 108.0     | 1.0 cup sliced            | 9                            |
| 11265  | Mushrooms, portabella, raw   | 86.0      | 1.0 cup diced             | 9                            |
| 31019  | Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry  | 5.0       | 0.25 cup                  | 6                            |
| 11268  | Mushrooms, shiitake, dried   | 3.6       | 1.0 mushroom              | 6                            |
| 11260  | Mushrooms, white, raw  | 70.0      | 1.0 cup, pieces or slices | 5                            |
| 31036  | Potatoes, mashed, ready-to-eat   | 229.0     | 1.0 cup                   | 5                            |

| NDB_No | Description  | Weight(g) | Measure                                  | Vitamin D(IU)<br>Per Measure |
|--------|--|-----------|--|------------------------------|
| 31020  | Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated                             | 25.0      | 0.25 cup                                 | 4                            |
| 11238  | Mushrooms, shiitake, raw   | 19.0      | 1.0 piece whole                          | 3                            |
| 11266  | Mushrooms, brown, italian, or crimini, raw   | 87.0      | 1.0 cup whole                            | 3                            |
| 11672  | Potato pancakes  | 22.0      | 1.0 small 2-3/4 in. dia., 5/8 in. thick. | 2                            |
| 11659  | Sweet potato, cooked, candied, home-prepared                                       | 105.0     | 1.0 piece (2-1/2" x 2" dia)              | 2                            |
| 11950  | Mushrooms, enoki, raw  | 5.0       | 1.0 large                                | 0                            |
| 11759  | Carrots, canned, no salt added, drained solids                                     | 146.0     | 1.0 cup, sliced                          | 0                            |
| 11976  | Pepper, banana, raw  | 124.0     | 1.0 cup                                  | 0                            |
| 11327  | Peas and onions, frozen, cooked, boiled, drained, without salt                     | 180.0     | 1.0 cup                                  | 0                            |
| 11053  | Beans, snap, green, cooked, boiled, drained, without salt                          | 125.0     | 1.0 cup                                  | 0                            |
| 11847  | Pumpkin, flowers, cooked, boiled, drained, with salt                               | 134.0     | 1.0 cup                                  | 0                            |
| 11444  | Seaweed, irishmoss, raw  | 10.0      | 2.0 tbsp (1/8 cup)                       | 0                            |
| 11184  | Corn with red and green peppers, canned, solids and liquids                        | 227.0     | 1.0 cup                                  | 0                            |
| 11282  | Onions, raw  | 160.0     | 1.0 cup, chopped                         | 0                            |
| 11569  | Turnip greens, cooked, boiled, drained, without salt                               | 144.0     | 1.0 cup, chopped                         | 0                            |
| 11394  | Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased | 30.0      | 10.0 strip                               | 0                            |
| 11722  | Beans, snap, yellow, raw   | 100.0     | 1.0 cup 1/2" pieces                      | 0                            |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt               | 120.0     | 1.0 artichoke, medium                    | 0                            |
| 11507  | Sweet potato, raw, unprepared  | 133.0     | 1.0 cup, cubes                           | 0                            |
| 11811  | Peas, green, cooked, boiled, drained, with salt                                    | 160.0     | 1.0 cup                                  | 0                            |
| 11138  | Cauliflower, frozen, cooked, boiled, drained, without salt                         | 180.0     | 1.0 cup (1" pieces)                      | 0                            |
| 11902  | Corn, sweet, white, cooked, boiled, drained, with salt                             | 89.0      | 1.0 ear, small (5-1/2" to 6-1/2" long)   | 0                            |
| 11247  | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt        | 124.0     | 1.0 leek                                 | 0                            |
| 11775  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt    | 165.0     | 1.0 cup kernels                          | 0                            |
| 11356  | Potatoes, Russet, flesh and skin, baked  | 299.0     | 1.0 potato large (3" to 4-1/4" dia.      | 0                            |
| 11093  | Broccoli, frozen, chopped, cooked, boiled, drained, without salt                   | 184.0     | 1.0 cup                                  | 0                            |
| 11863  | Squash, winter, all varieties, cooked, baked, with salt                            | 205.0     | 1.0 cup, cubes                           | 0                            |
| 11468  | Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt  | 180.0     | 1.0 cup, sliced                          | 0                            |
| 11207  | Dandelion greens, raw  | 55.0      | 1.0 cup, chopped                         | 0                            |
| 11955  | Tomatoes, sun-dried  | 54.0      | 1.0 cup                                  | 0                            |
| 11299  | Parsnips, cooked, boiled, drained, without salt                                    | 78.0      | 0.5 cup slices                           | 0                            |
| 11594  | Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt        | 175.0     | 1.0 cup, cubes                           | 0                            |
| 11417  | Pumpkin flowers, cooked, boiled, drained, without salt                             | 134.0     | 1.0 cup                                  | 0                            |
| 11741  | Broccoli, stalks, raw  | 114.0     | 1.0 stalk                                | 0                            |
| 11029  | Beans, kidney, mature seeds, sprouted, raw   | 184.0     | 1.0 cup                                  | 0                            |
| 11529  | Tomatoes, red, ripe, raw, year round average                                       | 149.0     | 1.0 cup cherry tomatoes                  | 0                            |

| NDB_No | Description  | Weight(g) | Measure                       | Vitamin D(IU)<br>Per Measure |
|--------|--|-----------|-------------------------------|------------------------------|
| 11828  | Potatoes, baked, flesh and skin, with salt                                       | 61.0      | 0.5 cup                       | 0                            |
| 11161  | Collards, raw  | 36.0      | 1.0 cup, chopped              | 0                            |
| 11696  | Tomatoes, yellow, raw  | 139.0     | 1.0 cup, chopped              | 0                            |
| 11918  | Peppers, sweet, red, frozen, chopped, boiled, drained, without salt              | 135.0     | 1.0 cup, chopped or strips    | 0                            |
| 11792  | Kale, scotch, cooked, boiled, drained, with salt                                 | 130.0     | 1.0 cup, chopped              | 0                            |
| 43217  | Tomato sauce, canned, no salt added  | 245.0     | 1.0 cup                       | 0                            |
| 11373  | Potatoes, au gratin, home-prepared from recipe using butter                      | 245.0     | 1.0 cup                       | 0                            |
| 11113  | Cabbage, red, cooked, boiled, drained, without salt                              | 22.0      | 1.0 leaf                      | 0                            |
| 11487  | Squash, winter, butternut, frozen, unprepared                                    | 113.0     | 0.33 package (12 oz)          | 0                            |
| 11795  | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt         | 124.0     | 1.0 leek                      | 0                            |
| 11225  | Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt            | 87.0      | 1.0 cup                       | 0                            |
| 11323  | Peas and carrots, frozen, cooked, boiled, drained, without salt                  | 278.0     | 1.0 package (10 oz) yields    | 0                            |
| 11624  | Leeks, (bulb and lower-leaf portion), freeze-dried                               | 0.2       | 1.0 tbsp                      | 0                            |
| 11884  | Tomatoes, red, ripe, cooked, with salt   | 240.0     | 1.0 cup                       | 0                            |
| 11049  | Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt      | 94.0      | 0.333 package (10 oz) yields  | 0                            |
| 11844  | Potatoes, scalloped, home-prepared with margarine                                | 245.0     | 1.0 cup                       | 0                            |
| 11438  | Salsify, cooked, boiled, drained, without salt                                   | 135.0     | 1.0 cup, sliced               | 0                            |
| 11179  | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt  | 165.0     | 1.0 cup                       | 0                            |
| 11935  | Catsup   | 17.0      | 1.0 tbsp                      | 0                            |
| 11279  | Okra, cooked, boiled, drained, without salt                                      | 80.0      | 0.5 cup slices                | 0                            |
| 11566  | Turnips, frozen, unprepared  | 94.0      | 0.333 package, mashed (10 oz) | 0                            |
| 11390  | Potatoes, hash brown, frozen, plain, unprepared                                  | 105.0     | 0.5 cup                       | 0                            |
| 11717  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt | 170.0     | 1.0 cup                       | 0                            |
| 11005  | Arrowhead, raw   | 25.0      | 1.0 large                     | 0                            |
| 11504  | Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt             | 98.0      | 1.0 cup, chopped              | 0                            |
| 11808  | Parsnips, cooked, boiled, drained, with salt                                     | 78.0      | 0.5 cup slices                | 0                            |
| 11135  | Cauliflower, raw   | 107.0     | 1.0 cup chopped (1/2" pieces) | 0                            |
| 11649  | Tomato products, canned, sauce, spanish style                                    | 244.0     | 1.0 cup                       | 0                            |
| 11899  | Yardlong bean, cooked, boiled, drained, with salt                                | 104.0     | 1.0 cup slices                | 0                            |
| 11772  | Corn, sweet, yellow, canned, cream style, no salt added                          | 256.0     | 1.0 cup                       | 0                            |
| 11990  | Wasabi, root, raw  | 130.0     | 1.0 cup, sliced               | 0                            |
| 11353  | Potatoes, russet, flesh and skin, raw  | 75.0      | 0.5 cup, diced                | 0                            |
| 11090  | Broccoli, raw  | 91.0      | 1.0 cup chopped               | 0                            |
| 11860  | Squash, summer, scallop, cooked, boiled, drained, with salt                      | 90.0      | 0.5 cup slices                | 0                            |
| 11463  | Spinach, frozen, chopped or leaf, unprepared                                     | 156.0     | 1.0 cup                       | 0                            |
| 11204  | Cress, garden, cooked, boiled, drained, without salt                             | 135.0     | 1.0 cup                       | 0                            |

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|--------|--|-----------|-------------------------------|------------------------------|
| 11952  | Radicchio, raw   | 40.0      | 1.0 cup, shredded             | 0                            |
| 11296  | Onion rings, breaded, par fried, frozen, prepared, heated in oven              | 48.0      | 1.0 cup                       | 0                            |
| 11590  | Waterchestnuts, chinese, canned, solids and liquids                            | 70.0      | 0.5 cup slices                | 0                            |
| 11413  | Potato flour   | 160.0     | 1.0 cup                       | 0                            |
| 11735  | Beets, canned, no salt added, solids and liquids                               | 246.0     | 1.0 cup                       | 0                            |
| 11026  | Bamboo shoots, raw   | 151.0     | 1.0 cup (1/2" slices)         | 0                            |
| 11525  | Taro, tahitian, raw  | 125.0     | 1.0 cup slices                | 0                            |
| 11825  | Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt     | 135.0     | 1.0 cup, chopped or strips    | 0                            |
| 11156  | Chives, raw  | 3.0       | 1.0 tbsp chopped              | 0                            |
| 11683  | Carrot, dehydrated   | 74.0      | 1.0 cup                       | 0                            |
| 11915  | Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt | 165.0     | 1.0 cup kernels               | 0                            |
| 11789  | Jute, potherb, cooked, boiled, drained, with salt                              | 87.0      | 1.0 cup                       | 0                            |
| 43143  | Cabbage, japanese style, fresh, pickled  | 150.0     | 1.0 cup                       | 0                            |
| 11370  | Potatoes, hash brown, home-prepared  | 156.0     | 1.0 cup                       | 0                            |
| 11109  | Cabbage, raw   | 89.0      | 1.0 cup, chopped              | 0                            |
| 11484  | Squash, winter, acorn, cooked, boiled, mashed, without salt                    | 245.0     | 1.0 cup, mashed               | 0                            |
| 11222  | Drumstick leaves, raw  | 21.0      | 1.0 cup, chopped              | 0                            |
| 11316  | Peas, mature seeds, sprouted, raw  | 120.0     | 1.0 cup                       | 0                            |
| 11621  | Drumstick pods, cooked, boiled, drained, without salt                          | 118.0     | 1.0 cup slices                | 0                            |
| 11879  | Taro, leaves, cooked, steamed, with salt                                       | 145.0     | 1.0 cup                       | 0                            |
| 11755  | Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt                 | 119.0     | 1.0 cup, shredded             | 0                            |
| 11973  | Beans, fava, in pod, raw   | 126.0     | 1.0 cup                       | 0                            |
| 11932  | Beans, snap, yellow, canned, regular pack, drained solids                      | 153.0     | 1.0 cup                       | 0                            |
| 11276  | New Zealand spinach, raw   | 56.0      | 1.0 cup, chopped              | 0                            |
| 11563  | Tree fern, cooked, without salt  | 71.0      | 0.5 cup, chopped              | 0                            |
| 11385  | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter       | 137.0     | 0.167 package (5.5 oz) yields | 0                            |
| 11714  | Lima beans, immature seeds, cooked, boiled, drained, with salt                 | 170.0     | 1.0 cup                       | 0                            |
| 11001  | Alfalfa seeds, sprouted, raw   | 33.0      | 1.0 cup                       | 0                            |
| 11501  | Succotash, (corn and limas), frozen, unprepared                                | 156.0     | 1.0 cup                       | 0                            |
| 11805  | Onions, cooked, boiled, drained, with salt                                     | 210.0     | 1.0 cup                       | 0                            |
| 11130  | Carrots, frozen, unprepared  | 64.0      | 0.5 cup slices                | 0                            |
| 11644  | Squash, winter, all varieties, cooked, baked, without salt                     | 205.0     | 1.0 cup, cubes                | 0                            |
| 11895  | Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt       | 175.0     | 1.0 cup, cubes                | 0                            |
| 11769  | Collards, frozen, chopped, cooked, boiled, drained, with salt                  | 170.0     | 1.0 cup, chopped              | 0                            |
| 11986  | Malabar spinach, cooked  | 44.0      | 1.0 cup                       | 0                            |
| 11350  | Pokeberry shoots, (poke), raw  | 160.0     | 1.0 cup                       | 0                            |

| NDB_No | Description   | Weight(g) | Measure                                | Vitamin D(IU)<br>Per Measure |
|--------|---|-----------|--|------------------------------|
| 11086  | Beet greens, raw  | 38.0      | 1.0 cup                                | 0                            |
| 11857  | Squash, summer, all varieties, cooked, boiled, drained, with salt                           | 180.0     | 1.0 cup slices                         | 0                            |
| 11458  | Spinach, cooked, boiled, drained, without salt  | 180.0     | 1.0 cup                                | 0                            |
| 11201  | Cowpeas, leafy tips, raw  | 36.0      | 1.0 cup, chopped                       | 0                            |
| 11949  | Catsup, low sodium  | 17.0      | 1.0 tbsp                               | 0                            |
| 11292  | Onions, young green, tops only  | 6.0       | 1.0 tbsp                               | 0                            |
| 11584  | Vegetables, mixed, frozen, cooked, boiled, drained, without salt                            | 91.0      | 0.5 cup                                | 0                            |
| 11409  | Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt | 50.0      | 10.0 strips                            | 0                            |
| 11732  | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt                          | 135.0     | 1.0 cup                                | 0                            |
| 11023  | Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt               | 58.0      | 1.0 cup                                | 0                            |
| 11521  | Taro leaves, cooked, steamed, without salt  | 145.0     | 1.0 cup                                | 0                            |
| 11822  | Peppers, sweet, green, cooked, boiled, drained, with salt                                   | 11.6      | 1.0 tbsp                               | 0                            |
| 11151  | Chicory, witloof, raw   | 53.0      | 1.0 head                               | 0                            |
| 11675  | Potatoes, microwaved, cooked in skin, flesh and skin, without salt                          | 202.0     | 1.0 potato (2-3/4" dia by 4-3/4" long) | 0                            |
| 11912  | Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt                 | 165.0     | 1.0 cup                                | 0                            |
| 11259  | Mountain yam, hawaii, cooked, steamed, without salt   | 145.0     | 1.0 cup, cubes                         | 0                            |
| 11786  | Drumstick leaves, cooked, boiled, drained, with salt  | 42.0      | 1.0 cup, chopped                       | 0                            |
| 31035  | Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS  | 269.0     | 1.0 cup                                | 0                            |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt                                  | 78.0      | 0.5 cup                                | 0                            |
| 11105  | Burdock root, cooked, boiled, drained, without salt   | 125.0     | 1.0 cup (1" pieces)                    | 0                            |
| 11873  | Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt                           | 98.0      | 1.0 cup, chopped                       | 0                            |
| 11481  | Squash, summer, zucchini, italian style, canned   | 227.0     | 1.0 cup                                | 0                            |
| 11219  | Gourd, white-flowered (calabash), cooked, boiled, drained, without salt                     | 146.0     | 1.0 cup (1" cubes)                     | 0                            |
| 11311  | Peas, green, canned, drained solids, rinsed in tap water                                    | 257.0     | 1.0 can                                | 0                            |
| 11616  | Dock, raw   | 133.0     | 1.0 cup, chopped                       | 0                            |
| 11876  | Sweet potato, cooked, boiled, without skin, with salt                                       | 328.0     | 1.0 cup, mashed                        | 0                            |
| 11430  | Radishes, oriental, raw   | 116.0     | 1.0 cup slices                         | 0                            |
| 11752  | Cabbage, red, cooked, boiled, drained, with salt  | 22.0      | 1.0 leaf                               | 0                            |
| 11969  | Broccoli, chinese, cooked   | 88.0      | 1.0 cup                                | 0                            |
| 11045  | Mung beans, mature seeds, sprouted, cooked, stir-fried                                      | 124.0     | 1.0 cup                                | 0                            |
| 11841  | Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated        | 74.0      | 10.0 strip                             | 0                            |
| 11435  | Rutabagas, raw  | 140.0     | 1.0 cup, cubes                         | 0                            |
| 11176  | Corn, sweet, yellow, canned, vacuum pack, regular pack                                      | 210.0     | 1.0 cup                                | 0                            |
| 11382  | Potatoes, mashed, dehydrated, granules with milk, dry form                                  | 200.0     | 1.0 cup                                | 0                            |
| 11710  | Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt                  | 58.0      | 1.0 cup                                | 0                            |
| 11120  | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt                           | 119.0     | 1.0 cup, shredded                      | 0                            |

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|--------|---|-----------|---------------------------|------------------------------|
| 11496  | Succotash, (corn and limas), cooked, boiled, drained, without salt                      | 192.0     | 1.0 cup                   | 0                            |
| 11802  | New zealand spinach, cooked, boiled, drained, with salt                                 | 180.0     | 1.0 cup, chopped          | 0                            |
| 11125  | Carrots, cooked, boiled, drained, without salt  | 9.7       | 1.0 tbsp                  | 0                            |
| 11641  | Squash, summer, all varieties, raw  | 113.0     | 1.0 cup, sliced           | 0                            |
| 11892  | Turnip greens, frozen, cooked, boiled, drained, with salt                               | 82.0      | 0.5 cup                   | 0                            |
| 11237  | Kanpyo, (dried gourd strips)  | 6.3       | 1.0 strip                 | 0                            |
| 11766  | Chayote, fruit, cooked, boiled, drained, with salt                                      | 160.0     | 1.0 cup (1" pieces)       | 0                            |
| 11983  | Pickles, chowchow, with cauliflower onion mustard, sweet                                | 245.0     | 1.0 cup                   | 0                            |
| 11344  | Pigeonpeas, immature seeds, raw   | 154.0     | 1.0 cup                   | 0                            |
| 11081  | Beets, cooked, boiled, drained  | 85.0      | 0.5 cup slices            | 0                            |
| 11854  | Spinach, cooked, boiled, drained, with salt   | 180.0     | 1.0 cup                   | 0                            |
| 11452  | Soybeans, mature seeds, sprouted, raw   | 35.0      | 0.5 cup                   | 0                            |
| 11198  | Cowpeas, young pods with seeds, cooked, boiled, drained, without salt                   | 95.0      | 1.0 cup                   | 0                            |
| 11946  | Pickles, cucumber, sour, low sodium   | 143.0     | 1.0 cup, chopped or diced | 0                            |
| 11289  | Onions, frozen, whole, unprepared   | 95.0      | 0.33 package (10 oz)      | 0                            |
| 11579  | Vegetables, mixed, canned, solids and liquids   | 245.0     | 1.0 cup                   | 0                            |
| 11406  | Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased | 65.0      | 10.0 strips               | 0                            |
| 11729  | Beans, snap, green, canned, no salt added, drained solids                               | 153.0     | 1.0 cup                   | 0                            |
| 11018  | Asparagus, frozen, unprepared   | 58.0      | 4.0 spears                | 0                            |
| 11518  | Taro, raw   | 104.0     | 1.0 cup, sliced           | 0                            |
| 11819  | Peppers, hot chili, red, raw  | 45.0      | 1.0 pepper                | 0                            |
| 11148  | Chard, swiss, cooked, boiled, drained, without salt                                     | 175.0     | 1.0 cup, chopped          | 0                            |
| 11671  | Potatoes, o'brien, home-prepared  | 194.0     | 1.0 cup                   | 0                            |
| 11909  | Corn, sweet, white, canned, vacuum pack, no salt added                                  | 210.0     | 1.0 cup                   | 0                            |
| 11255  | Lotus root, cooked, boiled, drained, without salt                                       | 60.0      | 0.5 cup                   | 0                            |
| 11783  | Eggplant, cooked, boiled, drained, with salt  | 99.0      | 1.0 cup (1" cubes)        | 0                            |
| 31032  | Vegetable smoothie, NAKED JUICE, KALE BLAZER  | 268.0     | 1.0 cup                   | 0                            |
| 11364  | Potatoes, baked, skin, without salt   | 58.0      | 1.0 skin                  | 0                            |
| 11100  | Brussels sprouts, frozen, unprepared  | 95.0      | 0.33 package (10 oz)      | 0                            |
| 11870  | Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt                 | 155.0     | 1.0 cup                   | 0                            |
| 11478  | Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt          | 180.0     | 1.0 cup, sliced           | 0                            |
| 11215  | Garlic, raw   | 136.0     | 1.0 cup                   | 0                            |
| 11962  | Peppers, hot chile, sun-dried   | 37.0      | 1.0 cup                   | 0                            |
| 11306  | Peas, green, canned, regular pack, solids and liquids                                   | 124.0     | 0.5 cup                   | 0                            |
| 11609  | Beets, pickled, canned, solids and liquids  | 227.0     | 1.0 cup slices            | 0                            |
| 11427  | Purslane, raw   | 43.0      | 1.0 cup                   | 0                            |

| NDB_No | Description  | Weight(g) | Measure              | Vitamin D(IU)<br>Per Measure |
|--------|--|-----------|----------------------|------------------------------|
| 11749  | Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw      | 35.0      | 0.5 cup, shredded    | 0                            |
| 11965  | Cauliflower, green, raw  | 64.0      | 1.0 cup              | 0                            |
| 11040  | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt  | 180.0     | 1.0 cup              | 0                            |
| 11547  | Tomato products, canned, puree, without salt added                               | 250.0     | 1.0 cup              | 0                            |
| 11835  | Potatoes, microwaved, cooked in skin, flesh, with salt                           | 78.0      | 0.5 cup              | 0                            |
| 11170  | Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids        | 256.0     | 1.0 cup              | 0                            |
| 11929  | Potatoes, mashed, prepared from granules, without milk, whole milk and margarine | 210.0     | 1.0 cup              | 0                            |
| 11273  | Mustard greens, frozen, cooked, boiled, drained, without salt                    | 150.0     | 1.0 cup, chopped     | 0                            |
| 11555  | Tomato products, canned, sauce, with herbs and cheese                            | 122.0     | 0.5 cup              | 0                            |
| 11491  | Squash, winter, hubbard, cooked, boiled, mashed, without salt                    | 236.0     | 1.0 cup, mashed      | 0                            |
| 11799  | Mustard greens, cooked, boiled, drained, with salt                               | 140.0     | 1.0 cup, chopped     | 0                            |
| 11231  | Jute, potherb, raw   | 28.0      | 1.0 cup              | 0                            |
| 11634  | Peppers, sweet, green, freeze-dried  | 0.4       | 1.0 tbsp             | 0                            |
| 11889  | Turnips, cooked, boiled, drained, with salt                                      | 156.0     | 1.0 cup, cubes       | 0                            |
| 11234  | Kale, cooked, boiled, drained, without salt                                      | 130.0     | 1.0 cup, chopped     | 0                            |
| 11763  | Celeriac, cooked, boiled, drained, with salt                                     | 155.0     | 1.0 cup pieces       | 0                            |
| 11980  | Peppers, chili, green, canned  | 139.0     | 1.0 cup              | 0                            |
| 11335  | Peppers, sweet, green, canned, solids and liquids                                | 140.0     | 1.0 cup, halves      | 0                            |
| 11060  | Beans, snap, green, frozen, all styles, unprepared                               | 121.0     | 1.0 cup              | 0                            |
| 11851  | Rutabagas, cooked, boiled, drained, with salt                                    | 120.0     | 0.5 cup, mashed      | 0                            |
| 11448  | Sesbania flower, cooked, steamed, without salt                                   | 104.0     | 1.0 cup              | 0                            |
| 11195  | Cowpeas (blackeyes), immature seeds, frozen, unprepared                          | 160.0     | 1.0 cup              | 0                            |
| 11943  | Pimento, canned  | 12.0      | 1.0 tbsp             | 0                            |
| 11286  | Onions, yellow, sauteed  | 87.0      | 1.0 cup chopped      | 0                            |
| 11576  | Turnip greens and turnips, frozen, unprepared                                    | 95.0      | 0.33 package (10 oz) | 0                            |
| 11400  | Potatoes, frozen, whole, unprepared  | 182.0     | 1.0 cup              | 0                            |
| 11726  | Beans, snap, green, canned, no salt added, solids and liquids                    | 120.0     | 0.5 cup              | 0                            |
| 11012  | Asparagus, cooked, boiled, drained   | 90.0      | 0.5 cup              | 0                            |
| 11514  | Sweet potato, canned, mashed   | 255.0     | 1.0 cup              | 0                            |
| 11816  | Peas and carrots, canned, no salt added, solids and liquids                      | 255.0     | 1.0 cup              | 0                            |
| 11144  | Celery, cooked, boiled, drained, without salt                                    | 150.0     | 1.0 cup, diced       | 0                            |
| 11667  | Seaweed, spirulina, dried  | 112.0     | 1.0 cup              | 0                            |
| 11906  | Corn, sweet, white, canned, cream style, regular pack                            | 256.0     | 1.0 cup              | 0                            |
| 11252  | Lettuce, iceberg (includes crisphead types), raw                                 | 72.0      | 1.0 cup shredded     | 0                            |
| 11780  | Cowpeas, leafy tips, cooked, boiled, drained, with salt                          | 53.0      | 1.0 cup, chopped     | 0                            |
| 31021  | Potatoes, hash brown, refrigerated, unprepared                                   | 159.0     | 1.0 cup unprepared   | 0                            |

| NDB_No | Description   | Weight(g) | Measure            | Vitamin D(IU)<br>Per Measure |
|--------|---|-----------|--------------------|------------------------------|
| 11360  | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated | 69.0      | 10.0 strip         | 0                            |
| 11097  | Broccoli raab, cooked   | 85.0      | 1.0 NLEA serving   | 0                            |
| 11867  | Squash, winter, butternut, frozen, cooked, boiled, with salt                                  | 240.0     | 1.0 cup, mashed    | 0                            |
| 11475  | Squash, summer, scallop, raw  | 130.0     | 1.0 cup slices     | 0                            |
| 11212  | Edamame, frozen, prepared   | 155.0     | 1.0 cup            | 0                            |
| 11959  | Arugula, raw  | 2.0       | 1.0 leaf           | 0                            |
| 11303  | Peas, edible-podded, frozen, cooked, boiled, drained, without salt                            | 160.0     | 1.0 cup            | 0                            |
| 11602  | Yam, cooked, boiled, drained, or baked, without salt  | 136.0     | 1.0 cup, cubes     | 0                            |
| 11423  | Pumpkin, cooked, boiled, drained, without salt  | 245.0     | 1.0 cup, mashed    | 0                            |
| 11745  | Brussels sprouts, cooked, boiled, drained, with salt  | 21.0      | 1.0 sprout         | 0                            |
| 11037  | Lima beans, immature seeds, frozen, fordhook, unprepared                                      | 160.0     | 1.0 cup            | 0                            |
| 11537  | Tomatoes, red, ripe, canned, with green chilies   | 241.0     | 1.0 cup            | 0                            |
| 11832  | Potatoes, boiled, cooked in skin, skin, with salt   | 34.0      | 1.0 skin           | 0                            |
| 11165  | Coriander (cilantro) leaves, raw  | 4.0       | 0.25 cup           | 0                            |
| 11701  | Arrowhead, cooked, boiled, drained, with salt   | 12.0      | 1.0 corm, medium   | 0                            |
| 11923  | Soybeans, mature seeds, sprouted, cooked, steamed, with salt                                  | 94.0      | 1.0 cup            | 0                            |
| 11270  | Mustard greens, raw   | 56.0      | 1.0 cup, chopped   | 0                            |
| 43387  | Turnip greens, canned, no salt added  | 144.0     | 1.0 cup            | 0                            |
| 11705  | Asparagus, cooked, boiled, drained, with salt   | 90.0      | 0.5 cup            | 0                            |
| 11117  | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt                            | 170.0     | 1.0 cup, shredded  | 0                            |
| 11625  | Parsley, freeze-dried   | 0.4       | 1.0 tbsp           | 0                            |
| 11885  | Tomatoes, red, ripe, canned, packed in tomato juice, no salt added                            | 240.0     | 1.0 cup            | 0                            |
| 11760  | Carrots, frozen, cooked, boiled, drained, with salt   | 146.0     | 1.0 cup slices     | 0                            |
| 11977  | Peppers, serrano, raw   | 105.0     | 1.0 cup, chopped   | 0                            |
| 11329  | Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids                  | 73.0      | 1.0 pepper         | 0                            |
| 11054  | Beans, snap, green, canned, regular pack, solids and liquids                                  | 240.0     | 1.0 cup            | 0                            |
| 11848  | Pumpkin leaves, cooked, boiled, drained, with salt  | 71.0      | 1.0 cup            | 0                            |
| 11445  | Seaweed, kelp, raw  | 10.0      | 2.0 tbsp (1/8 cup) | 0                            |
| 11190  | Cornsalad, raw  | 56.0      | 1.0 cup            | 0                            |
| 11283  | Onions, cooked, boiled, drained, without salt   | 210.0     | 1.0 cup            | 0                            |
| 11570  | Turnip greens, canned, solids and liquids   | 117.0     | 0.5 cup            | 0                            |
| 11395  | Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated             | 21.0      | 10.0 strip         | 0                            |
| 11723  | Beans, snap, green, cooked, boiled, drained, with salt  | 125.0     | 1.0 cup            | 0                            |
| 11009  | Artichokes, (globe or french), frozen, unprepared   | 84.0      | 0.33 package       | 0                            |
| 11508  | Sweet potato, cooked, baked in skin, flesh, without salt                                      | 200.0     | 1.0 cup            | 0                            |
| 11812  | Peas, green, canned, no salt added, solids and liquids  | 124.0     | 0.5 cup            | 0                            |

| NDB_No | Description  | Weight(g) | Measure                             | Vitamin D(IU)<br>Per Measure |
|--------|--|-----------|-------------------------------------|------------------------------|
| 11141  | Celeriac, raw  | 156.0     | 1.0 cup                             | 0                            |
| 11903  | Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids       | 256.0     | 1.0 cup                             | 0                            |
| 11248  | Lentils, sprouted, raw   | 77.0      | 1.0 cup                             | 0                            |
| 11777  | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt          | 165.0     | 1.0 cup                             | 0                            |
| 31017  | CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot                             | 243.0     | 8.0 fl oz                           | 0                            |
| 11357  | Potatoes, white, flesh and skin, baked   | 299.0     | 1.0 potato large (3" to 4-1/4" dia) | 0                            |
| 11094  | Broccoli, frozen, spears, unprepared   | 95.0      | 0.33 package (10 oz)                | 0                            |
| 11864  | Squash, winter, acorn, cooked, baked, with salt                                  | 205.0     | 1.0 cup, cubes                      | 0                            |
| 11471  | Squash, summer, crookneck and straightneck, canned, drained, solid, without salt | 210.0     | 1.0 cup, diced                      | 0                            |
| 11208  | Dandelion greens, cooked, boiled, drained, without salt                          | 105.0     | 1.0 cup, chopped                    | 0                            |
| 11956  | Tomatoes, sun-dried, packed in oil, drained                                      | 110.0     | 1.0 cup                             | 0                            |
| 11300  | Peas, edible-podded, raw   | 98.0      | 1.0 cup, chopped                    | 0                            |
| 11595  | Winged beans, immature seeds, raw  | 44.0      | 1.0 cup slices                      | 0                            |
| 11418  | Pumpkin leaves, raw  | 39.0      | 1.0 cup                             | 0                            |
| 11742  | Broccoli, cooked, boiled, drained, with salt                                     | 78.0      | 0.5 cup, chopped                    | 0                            |
| 11031  | Lima beans, immature seeds, raw  | 156.0     | 1.0 cup                             | 0                            |
| 11530  | Tomatoes, red, ripe, cooked  | 240.0     | 1.0 cup                             | 0                            |
| 11829  | Potatoes, baked, flesh, with salt  | 61.0      | 0.5 cup                             | 0                            |
| 11162  | Collards, cooked, boiled, drained, without salt                                  | 190.0     | 1.0 cup, chopped                    | 0                            |
| 11697  | Arrowroot, raw   | 120.0     | 1.0 cup, sliced                     | 0                            |
| 11919  | Peppers, sweet, red, frozen, chopped, boiled, drained, with salt                 | 135.0     | 1.0 cup, chopped or strips          | 0                            |
| 43311  | Potatoes, canned, drained solids, no salt added                                  | 180.0     | 1.0 cup                             | 0                            |
| 11374  | Potatoes, canned, solids and liquids   | 300.0     | 1.0 cup, whole                      | 0                            |
| 11114  | Cabbage, savoy, raw  | 70.0      | 1.0 cup, shredded                   | 0                            |
| 11488  | Squash, winter, butternut, frozen, cooked, boiled, without salt                  | 240.0     | 1.0 cup, mashed                     | 0                            |
| 11796  | Lotus root, cooked, boiled, drained, with salt                                   | 60.0      | 0.5 cup                             | 0                            |
| 11226  | Jerusalem-artichokes, raw  | 150.0     | 1.0 cup slices                      | 0                            |
| 11324  | Peas and onions, canned, solids and liquids                                      | 120.0     | 1.0 cup                             | 0                            |
| 11050  | Beans, shellie, canned, solids and liquids                                       | 245.0     | 1.0 cup                             | 0                            |
| 11845  | Pumpkin, cooked, boiled, drained, with salt                                      | 245.0     | 1.0 cup, mashed                     | 0                            |
| 11439  | Sauerkraut, canned, solids and liquids   | 142.0     | 1.0 cup                             | 0                            |
| 11180  | Corn, sweet, yellow, frozen, kernels on cob, unprepared                          | 165.0     | 1.0 cup kernels                     | 0                            |
| 11280  | Okra, frozen, unprepared   | 95.0      | 0.33 package (10 oz)                | 0                            |
| 11567  | Turnips, frozen, cooked, boiled, drained, without salt                           | 156.0     | 1.0 cup                             | 0                            |
| 11391  | Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil           | 150.0     | 1.0 cup prepared                    | 0                            |
| 11718  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt           | 124.0     | 1.0 cup                             | 0                            |

| NDB_No | Description   | Weight(g) | Measure                                | Vitamin D(IU)<br>Per Measure |
|--------|---|-----------|--|------------------------------|
| 11006  | Arrowhead, cooked, boiled, drained, without salt                            | 12.0      | 1.0 medium                             | 0                            |
| 11505  | Sweet potato leaves, raw  | 35.0      | 1.0 cup, chopped                       | 0                            |
| 11809  | Peas, edible-podded, cooked, boiled, drained, with salt                     | 160.0     | 1.0 cup                                | 0                            |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                          | 62.0      | 0.5 cup (1" pieces)                    | 0                            |
| 11655  | Carrot juice, canned  | 236.0     | 1.0 cup                                | 0                            |
| 11900  | Corn, sweet, white, raw   | 73.0      | 1.0 ear, small (5-1/2" to 6-1/2" long) | 0                            |
| 11245  | Lambsquarters, cooked, boiled, drained, without salt                        | 180.0     | 1.0 cup, chopped                       | 0                            |
| 11773  | Corn, sweet, yellow, canned, vacuum pack, no salt added                     | 210.0     | 1.0 cup                                | 0                            |
| 11991  | Yautia (tannier), raw   | 135.0     | 1.0 cup, sliced                        | 0                            |
| 11354  | Potatoes, white, flesh and skin, raw  | 75.0      | 0.5 cup, diced                         | 0                            |
| 11091  | Broccoli, cooked, boiled, drained, without salt                             | 78.0      | 0.5 cup, chopped                       | 0                            |
| 11861  | Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt | 90.0      | 0.5 cup slices                         | 0                            |
| 11464  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt     | 95.0      | 0.5 cup                                | 0                            |
| 11205  | Cucumber, with peel, raw  | 52.0      | 0.5 cup slices                         | 0                            |
| 11953  | Squash, zucchini, baby, raw   | 16.0      | 1.0 large                              | 0                            |
| 11297  | Parsley, fresh  | 60.0      | 1.0 cup chopped                        | 0                            |
| 11591  | Watercress, raw   | 34.0      | 1.0 cup, chopped                       | 0                            |
| 11414  | Potato salad, home-prepared   | 250.0     | 1.0 cup                                | 0                            |
| 11736  | Beet greens, cooked, boiled, drained, with salt                             | 144.0     | 1.0 cup (1" pieces)                    | 0                            |
| 11027  | Bamboo shoots, cooked, boiled, drained, without salt                        | 120.0     | 1.0 cup (1/2" slices)                  | 0                            |
| 11526  | Taro, tahitian, cooked, without salt  | 137.0     | 1.0 cup slices                         | 0                            |
| 11826  | Pigeonpeas, immature seeds, cooked, boiled, drained, with salt              | 153.0     | 1.0 cup                                | 0                            |
| 11157  | Chrysanthemum, garland, raw   | 25.0      | 1.0 cup (1" pieces)                    | 0                            |
| 11693  | Tomatoes, crushed, canned   | 121.0     | 0.5 cup                                | 0                            |
| 11916  | Peppers, sweet, red, canned, solids and liquids                             | 140.0     | 1.0 cup, halves                        | 0                            |
| 11790  | Kale, cooked, boiled, drained, with salt                                    | 130.0     | 1.0 cup, chopped                       | 0                            |
| 43144  | Cabbage, mustard, salted  | 128.0     | 1.0 cup                                | 0                            |
| 11110  | Cabbage, cooked, boiled, drained, without salt                              | 75.0      | 0.5 cup, shredded                      | 0                            |
| 11485  | Squash, winter, butternut, raw  | 140.0     | 1.0 cup, cubes                         | 0                            |
| 11793  | Kohlrabi, cooked, boiled, drained, with salt                                | 165.0     | 1.0 cup slices                         | 0                            |
| 11223  | Drumstick leaves, cooked, boiled, drained, without salt                     | 42.0      | 1.0 cup, chopped                       | 0                            |
| 11318  | Peas and carrots, canned, regular pack, solids and liquids                  | 255.0     | 1.0 cup                                | 0                            |
| 11622  | Kale, scotch, raw   | 67.0      | 1.0 cup, chopped                       | 0                            |
| 11880  | Taro, shoots, cooked, with salt   | 140.0     | 1.0 cup slices                         | 0                            |
| 11757  | Carrots, cooked, boiled, drained, with salt                                 | 9.7       | 1.0 tbsp                               | 0                            |
| 11974  | Grape leaves, raw   | 14.0      | 1.0 cup                                | 0                            |

| NDB_No | Description   | Weight(g) | Measure                               | Vitamin D(IU)<br>Per Measure |
|--------|---|-----------|---------------------------------------|------------------------------|
| 11436  | Rutabagas, cooked, boiled, drained, without salt                                    | 170.0     | 1.0 cup, cubes                        | 0                            |
| 11177  | Corn, sweet, yellow, canned, drained solids, rinsed with tap water                  | 150.0     | 1.0 cup drained, rinsed               | 0                            |
| 11933  | Beans, snap, yellow, canned, no salt added, drained solids                          | 153.0     | 1.0 cup                               | 0                            |
| 11277  | New Zealand spinach, cooked, boiled, drained, without salt                          | 180.0     | 1.0 cup, chopped                      | 0                            |
| 11564  | Turnips, raw  | 130.0     | 1.0 cup, cubes                        | 0                            |
| 11386  | Potatoes, scalloped, dry mix, unprepared  | 26.0      | 0.167 package (5.5 oz)                | 0                            |
| 11715  | Lima beans, immature seeds, canned, no salt added, solids and liquids               | 248.0     | 1.0 cup                               | 0                            |
| 11003  | Amaranth leaves, raw  | 28.0      | 1.0 cup                               | 0                            |
| 11502  | Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt          | 170.0     | 1.0 cup                               | 0                            |
| 11806  | Onions, frozen, chopped, cooked, boiled, drained, with salt                         | 15.0      | 1.0 tbsp chopped                      | 0                            |
| 11131  | Carrots, frozen, cooked, boiled, drained, without salt                              | 146.0     | 1.0 cup, sliced                       | 0                            |
| 11645  | Sweet potato, canned, syrup pack, solids and liquids                                | 228.0     | 1.0 cup                               | 0                            |
| 11896  | Winged bean, immature seeds, cooked, boiled, drained, with salt                     | 62.0      | 1.0 cup                               | 0                            |
| 11241  | Kohlrabi, raw   | 135.0     | 1.0 cup                               | 0                            |
| 11770  | Corn, sweet, yellow, cooked, boiled, drained, with salt                             | 89.0      | 1.0 ear small (5-1/2" to 6-1/2" long) | 0                            |
| 11351  | Pokeberry shoots, (poke), cooked, boiled, drained, without salt                     | 165.0     | 1.0 cup                               | 0                            |
| 11087  | Beet greens, cooked, boiled, drained, without salt                                  | 144.0     | 1.0 cup (1" pieces)                   | 0                            |
| 11858  | Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt      | 180.0     | 1.0 cup slices                        | 0                            |
| 11459  | Spinach, canned, regular pack, solids and liquids                                   | 234.0     | 1.0 cup                               | 0                            |
| 11202  | Cowpeas, leafy tips, cooked, boiled, drained, without salt                          | 53.0      | 1.0 cup, chopped                      | 0                            |
| 11294  | Onions, sweet, raw  | 148.0     | 1.0 NLEA serving                      | 0                            |
| 11585  | Vegetable juice cocktail, low sodium, canned  | 254.0     | 1.0 cup                               | 0                            |
| 11411  | Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased | 153.0     | 10.0 strip                            | 0                            |
| 11733  | Beans, snap, yellow, frozen, cooked, boiled, drained, with salt                     | 135.0     | 1.0 cup                               | 0                            |
| 11024  | Balsam-pear (bitter gourd), pods, raw   | 93.0      | 1.0 cup (1/2" pieces)                 | 0                            |
| 11522  | Taro shoots, raw  | 43.0      | 0.5 cup slices                        | 0                            |
| 11823  | Peppers, sweet, red, cooked, boiled, drained, without salt                          | 135.0     | 1.0 cup, strips                       | 0                            |
| 11152  | Chicory greens, raw   | 29.0      | 1.0 cup, chopped                      | 0                            |
| 11676  | Radish seeds, sprouted, raw   | 38.0      | 1.0 cup                               | 0                            |
| 11913  | Corn, sweet, white, frozen, kernels on cob, unprepared                              | 165.0     | 1.0 cup kernels                       | 0                            |
| 11787  | Drumstick pods, cooked, boiled, drained, with salt                                  | 118.0     | 1.0 cup slices                        | 0                            |
| 11368  | Potatoes, microwaved, cooked in skin, flesh, without salt                           | 78.0      | 0.5 cup                               | 0                            |
| 11106  | Butterbur, (fuki), raw  | 94.0      | 1.0 cup                               | 0                            |
| 11874  | Sweet potato leaves, cooked, steamed, with salt                                     | 64.0      | 1.0 cup                               | 0                            |
| 11482  | Squash, winter, acorn, raw  | 140.0     | 1.0 cup, cubes                        | 0                            |
| 11220  | Gourd, dishcloth (towelgourd), raw  | 95.0      | 1.0 cup (1" pieces)                   | 0                            |

| NDB_No | Description  | Weight(g) | Measure               | Vitamin D(IU)<br>Per Measure |
|--------|--|-----------|-----------------------|------------------------------|
| 11312  | Peas, green, frozen, unprepared  | 134.0     | 1.0 cup               | 0                            |
| 11618  | Eppaw, raw   | 100.0     | 1.0 cup               | 0                            |
| 11877  | Sweet potato, frozen, cooked, baked, with salt   | 176.0     | 1.0 cup, cubes        | 0                            |
| 11431  | Radishes, oriental, cooked, boiled, drained, without salt                              | 147.0     | 1.0 cup, sliced       | 0                            |
| 11753  | Cabbage, savoy, cooked, boiled, drained, with salt                                     | 145.0     | 1.0 cup, shredded     | 0                            |
| 11970  | Cabbage, napa, cooked  | 109.0     | 1.0 cup               | 0                            |
| 11046  | Beans, navy, mature seeds, sprouted, raw   | 104.0     | 1.0 cup               | 0                            |
| 11842  | Potatoes, french fried, all types, salt not added in processing, frozen, as purchased  | 65.0      | 10.0 strips           | 0                            |
| 11711  | Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt                   | 124.0     | 1.0 cup (1/2" pieces) | 0                            |
| 11122  | Cardoon, raw   | 178.0     | 1.0 cup, shredded     | 0                            |
| 11497  | Succotash, (corn and limas), canned, with cream style corn                             | 266.0     | 1.0 cup               | 0                            |
| 11803  | Okra, cooked, boiled, drained, with salt   | 80.0      | 0.5 cup slices        | 0                            |
| 11126  | Carrots, canned, regular pack, solids and liquids                                      | 123.0     | 0.5 cup slices        | 0                            |
| 11642  | Squash, summer, all varieties, cooked, boiled, drained, without salt                   | 180.0     | 1.0 cup, sliced       | 0                            |
| 11893  | Turnip greens and turnips, frozen, cooked, boiled, drained, with salt                  | 163.0     | 1.0 cup               | 0                            |
| 11767  | Chrysanthemum, garland, cooked, boiled, drained, with salt                             | 100.0     | 1.0 cup (1" pieces)   | 0                            |
| 11984  | Epazote, raw   | 0.8       | 1.0 tbsp              | 0                            |
| 11345  | Pigeonpeas, immature seeds, cooked, boiled, drained, without salt                      | 153.0     | 1.0 cup               | 0                            |
| 11082  | Beets, canned, regular pack, solids and liquids  | 246.0     | 1.0 cup               | 0                            |
| 11855  | Spinach, canned, no salt added, solids and liquids                                     | 234.0     | 1.0 cup               | 0                            |
| 11453  | Soybeans, mature seeds, sprouted, cooked, steamed                                      | 94.0      | 1.0 cup               | 0                            |
| 11199  | Yardlong bean, raw   | 91.0      | 1.0 cup slices        | 0                            |
| 11947  | Pickles, cucumber, dill, reduced sodium  | 35.0      | 1.0 spear, small      | 0                            |
| 11290  | Onions, frozen, whole, cooked, boiled, drained, without salt                           | 210.0     | 1.0 cup               | 0                            |
| 11581  | Vegetables, mixed, canned, drained solids  | 163.0     | 1.0 cup               | 0                            |
| 11407  | Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated | 50.0      | 10.0 strips           | 0                            |
| 11730  | Beans, snap, yellow, frozen, all styles, unprepared                                    | 121.0     | 1.0 cup               | 0                            |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                               | 180.0     | 1.0 cup               | 0                            |
| 11519  | Taro, cooked, without salt   | 132.0     | 1.0 cup, sliced       | 0                            |
| 11820  | Peppers, hot chili, red, canned, excluding seeds, solids and liquids                   | 73.0      | 1.0 pepper            | 0                            |
| 11149  | Chayote, fruit, raw  | 132.0     | 1.0 cup (1" pieces)   | 0                            |
| 11910  | Corn, sweet, white, frozen, kernels cut off cob, unprepared                            | 165.0     | 1.0 cup               | 0                            |
| 11257  | Lettuce, red leaf, raw   | 28.0      | 1.0 cup shredded      | 0                            |
| 11784  | Gourd, white-flowered (calabash), cooked, boiled, drained, with salt                   | 146.0     | 1.0 cup (1" cubes)    | 0                            |
| 31033  | Ginger root, pickled, canned, with artificial sweetener                                | 25.0      | 2.0 tablespoon        | 0                            |
| 11365  | Potatoes, boiled, cooked in skin, flesh, without salt                                  | 78.0      | 0.5 cup               | 0                            |

| NDB_No | Description   | Weight(g) | Measure                   | Vitamin D(IU)<br>Per Measure |
|--------|---|-----------|---------------------------|------------------------------|
| 11101  | Brussels sprouts, frozen, cooked, boiled, drained, without salt                                 | 155.0     | 1.0 cup                   | 0                            |
| 11871  | Succotash, (corn and limas), cooked, boiled, drained, with salt                                 | 192.0     | 1.0 cup                   | 0                            |
| 11479  | Squash, summer, zucchini, includes skin, frozen, unprepared                                     | 95.0      | 0.33 package (10 oz)      | 0                            |
| 11216  | Ginger root, raw  | 2.0       | 1.0 tsp                   | 0                            |
| 11963  | Nopales, raw  | 86.0      | 1.0 cup, sliced           | 0                            |
| 11308  | Peas, green (includes baby and lesuer types), canned, drained solids, unprepared                | 175.0     | 1.0 cup                   | 0                            |
| 11613  | Borage, raw   | 89.0      | 1.0 cup (1" pieces)       | 0                            |
| 11428  | Purslane, cooked, boiled, drained, without salt   | 115.0     | 1.0 cup                   | 0                            |
| 11750  | Cabbage, common (danish, domestic, and pointed types), stored, raw                              | 35.0      | 0.5 cup, shredded         | 0                            |
| 11967  | Cauliflower, green, cooked, no salt added   | 90.0      | 0.2 head                  | 0                            |
| 11043  | Mung beans, mature seeds, sprouted, raw   | 104.0     | 1.0 cup                   | 0                            |
| 11549  | Tomato products, canned, sauce  | 245.0     | 1.0 cup                   | 0                            |
| 11836  | Potatoes, microwaved, cooked, in skin, skin with salt   | 58.0      | 1.0 skin                  | 0                            |
| 11172  | Corn, sweet, yellow, canned, whole kernel, drained solids                                       | 164.0     | 1.0 cup                   | 0                            |
| 11930  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added | 210.0     | 1.0 cup                   | 0                            |
| 11274  | Mustard spinach, (tendergreen), raw   | 150.0     | 1.0 cup, chopped          | 0                            |
| 11557  | Tomato products, canned, sauce, with onions, green peppers, and celery                          | 250.0     | 1.0 cup                   | 0                            |
| 11492  | Squash, winter, spaghetti, raw  | 101.0     | 1.0 cup, cubes            | 0                            |
| 11800  | Mustard greens, frozen, cooked, boiled, drained, with salt                                      | 150.0     | 1.0 cup, chopped or diced | 0                            |
| 11637  | Radishes, white icicle, raw   | 50.0      | 0.5 cup slices            | 0                            |
| 11890  | Turnips, frozen, cooked, boiled, drained, with salt   | 156.0     | 1.0 cup                   | 0                            |
| 11235  | Kale, frozen, unprepared  | 94.0      | 0.333 package (10 oz)     | 0                            |
| 11764  | Celery, cooked, boiled, drained, with salt  | 150.0     | 1.0 cup, diced            | 0                            |
| 11981  | Peppers, hungarian, raw   | 27.0      | 1.0 pepper                | 0                            |
| 11337  | Peppers, sweet, green, frozen, chopped, unprepared  | 95.0      | 0.33 package (10 oz)      | 0                            |
| 11061  | Beans, snap, green, frozen, cooked, boiled, drained without salt                                | 135.0     | 1.0 cup                   | 0                            |
| 11852  | Salsify, cooked, boiled, drained, with salt   | 135.0     | 1.0 cup slices            | 0                            |
| 11450  | Soybeans, green, raw  | 256.0     | 1.0 cup                   | 0                            |
| 11196  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt              | 170.0     | 1.0 cup                   | 0                            |
| 11944  | Pickle relish, hot dog  | 15.0      | 1.0 tbsp                  | 0                            |
| 11287  | Onions, frozen, chopped, unprepared   | 95.0      | 0.33 package (10 oz)      | 0                            |
| 11577  | Turnip greens and turnips, frozen, cooked, boiled, drained, without salt                        | 163.0     | 1.0 cup                   | 0                            |
| 11402  | Potatoes, french fried, all types, salt added in processing, frozen, unprepared                 | 89.0      | 10.0 strip                | 0                            |
| 11727  | Beans, snap, yellow, canned, regular pack, solids and liquids                                   | 120.0     | 0.5 cup                   | 0                            |
| 11013  | Asparagus, canned, regular pack, solids and liquids   | 122.0     | 0.5 cup                   | 0                            |
| 11516  | Sweet potato, frozen, unprepared  | 176.0     | 1.0 cup, cubes            | 0                            |

| NDB_No | Description   | Weight(g) | Measure             | Vitamin D(IU)<br>Per Measure |
|--------|---|-----------|---------------------|------------------------------|
| 11817  | Peas and carrots, frozen, cooked, boiled, drained, with salt                        | 80.0      | 0.5 cup             | 0                            |
| 11145  | Celtuce, raw  | 8.0       | 1.0 leaf            | 0                            |
| 11669  | Seaweed, wakame, raw  | 10.0      | 2.0 tbsp (1/8 cup)  | 0                            |
| 11907  | Corn, sweet, white, canned, cream style, no salt added                              | 256.0     | 1.0 cup             | 0                            |
| 11253  | Lettuce, green leaf, raw  | 36.0      | 1.0 cup shredded    | 0                            |
| 11781  | Cress, garden, cooked, boiled, drained, with salt                                   | 135.0     | 1.0 cup             | 0                            |
| 31022  | Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil               | 130.0     | 1.0 cup prepared    | 0                            |
| 11362  | Potatoes, raw, skin   | 38.0      | 1.0 skin            | 0                            |
| 11098  | Brussels sprouts, raw   | 88.0      | 1.0 cup             | 0                            |
| 11868  | Squash, winter, hubbard, baked, with salt   | 205.0     | 1.0 cup, cubes      | 0                            |
| 11476  | Squash, summer, scallop, cooked, boiled, drained, without salt                      | 240.0     | 1.0 cup, mashed     | 0                            |
| 11213  | Endive, raw   | 25.0      | 0.5 cup, chopped    | 0                            |
| 11960  | Carrots, baby, raw  | 15.0      | 1.0 large           | 0                            |
| 11304  | Peas, green, raw  | 145.0     | 1.0 cup             | 0                            |
| 11603  | Yambean (jicama), raw   | 120.0     | 1.0 cup slices      | 0                            |
| 11424  | Pumpkin, canned, without salt   | 245.0     | 1.0 cup             | 0                            |
| 11746  | Brussels sprouts, frozen, cooked, boiled, drained, with salt                        | 155.0     | 1.0 cup             | 0                            |
| 11038  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 170.0     | 1.0 cup             | 0                            |
| 11540  | Tomato juice, canned, with salt added   | 243.0     | 1.0 cup             | 0                            |
| 11833  | Potatoes, boiled, cooked without skin, flesh, with salt                             | 78.0      | 0.5 cup             | 0                            |
| 11167  | Corn, sweet, yellow, raw  | 145.0     | 1.0 cup             | 0                            |
| 11927  | Mountain yam, hawaii, cooked, steamed, with salt                                    | 145.0     | 1.0 cup, cubes      | 0                            |
| 11271  | Mustard greens, cooked, boiled, drained, without salt                               | 140.0     | 1.0 cup, chopped    | 0                            |
| 43406  | Yeast extract spread  | 6.0       | 1.0 tsp             | 0                            |
| 11380  | Potatoes, mashed, dehydrated, granules without milk, dry form                       | 200.0     | 1.0 cup             | 0                            |
| 11707  | Asparagus, canned, no salt added, solids and liquids                                | 122.0     | 0.5 cup             | 0                            |
| 11118  | Cabbage, kimchi   | 150.0     | 1.0 cup             | 0                            |
| 11626  | Beans, mung, mature seeds, sprouted, canned, drained solids                         | 125.0     | 1.0 cup             | 0                            |
| 11886  | Tomato juice, canned, without salt added  | 243.0     | 1.0 cup             | 0                            |
| 11232  | Jute, potherb, cooked, boiled, drained, without salt                                | 87.0      | 1.0 cup             | 0                            |
| 11761  | Cauliflower, cooked, boiled, drained, with salt                                     | 62.0      | 0.5 cup (1" pieces) | 0                            |
| 11978  | Peppers, ancho, dried   | 17.0      | 1.0 pepper          | 0                            |
| 11333  | Peppers, sweet, green, raw  | 149.0     | 1.0 cup, chopped    | 0                            |
| 11056  | Beans, snap, green, canned, regular pack, drained solids                            | 135.0     | 1.0 cup             | 0                            |
| 11849  | Purslane, cooked, boiled, drained, with salt  | 115.0     | 1.0 cup             | 0                            |
| 11446  | Seaweed, laver, raw   | 26.0      | 10.0 sheets         | 0                            |

| NDB_No | Description  | Weight(g) | Measure                             | Vitamin D(IU)<br>Per Measure |
|--------|--|-----------|-------------------------------------|------------------------------|
| 11191  | Cowpeas (blackeyes), immature seeds, raw   | 145.0     | 1.0 cup                             | 0                            |
| 11940  | Pickles, cucumber, sweet (includes bread and butter pickles)                           | 160.0     | 1.0 cup, chopped                    | 0                            |
| 11284  | Onions, dehydrated flakes  | 5.0       | 1.0 tbsp                            | 0                            |
| 11574  | Turnip greens, frozen, unprepared  | 82.0      | 0.5 cup, chopped or diced           | 0                            |
| 11398  | Potato puffs, frozen, unprepared   | 120.0     | 1.0 cup                             | 0                            |
| 11724  | Beans, snap, yellow, cooked, boiled, drained, without salt                             | 125.0     | 1.0 cup                             | 0                            |
| 11010  | Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt           | 168.0     | 1.0 cup                             | 0                            |
| 11510  | Sweet potato, cooked, boiled, without skin   | 328.0     | 1.0 cup, mashed                     | 0                            |
| 11813  | Peas, green, canned, no salt added, drained solids                                     | 85.0      | 0.5 cup                             | 0                            |
| 11142  | Celeriac, cooked, boiled, drained, without salt  | 155.0     | 1.0 cup pieces                      | 0                            |
| 11904  | Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids            | 256.0     | 1.0 cup                             | 0                            |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw                              | 55.0      | 1.0 cup, shredded or chopped        | 0                            |
| 11778  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt        | 170.0     | 1.0 cup                             | 0                            |
| 11358  | Potatoes, red, flesh and skin, baked   | 299.0     | 1.0 potato large (3" to 4-1/4" dia. | 0                            |
| 11095  | Broccoli, frozen, spears, cooked, boiled, drained, without salt                        | 92.0      | 0.5 cup                             | 0                            |
| 11865  | Squash, winter, acorn, cooked, boiled, mashed, with salt                               | 245.0     | 1.0 cup, mashed                     | 0                            |
| 11473  | Squash, summer, crookneck and straightneck, frozen, unprepared                         | 130.0     | 1.0 cup slices                      | 0                            |
| 11209  | Eggplant, raw  | 82.0      | 1.0 cup, cubes                      | 0                            |
| 11957  | Fennel, bulb, raw  | 87.0      | 1.0 cup, sliced                     | 0                            |
| 11301  | Peas, edible-podded, boiled, drained, without salt                                     | 160.0     | 1.0 cup                             | 0                            |
| 11596  | Winged beans, immature seeds, cooked, boiled, drained, without salt                    | 62.0      | 1.0 cup                             | 0                            |
| 11419  | Pumpkin leaves, cooked, boiled, drained, without salt                                  | 71.0      | 1.0 cup                             | 0                            |
| 11743  | Broccoli, frozen, chopped, cooked, boiled, drained, with salt                          | 184.0     | 1.0 cup                             | 0                            |
| 11032  | Lima beans, immature seeds, cooked, boiled, drained, without salt                      | 170.0     | 1.0 cup                             | 0                            |
| 11531  | Tomatoes, red, ripe, canned, packed in tomato juice                                    | 240.0     | 1.0 cup                             | 0                            |
| 11830  | Potatoes, baked, skin only, with salt  | 58.0      | 1.0 skin                            | 0                            |
| 11163  | Collards, frozen, chopped, unprepared  | 95.0      | 0.33 package (10 oz)                | 0                            |
| 11698  | Chrysanthemum leaves, raw  | 51.0      | 1.0 cup, chopped                    | 0                            |
| 11921  | Peppers, sweet, red, sauteed   | 106.0     | 1.0 cup chopped                     | 0                            |
| 43312  | Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added | 182.0     | 1.0 cup                             | 0                            |
| 11376  | Potatoes, canned, drained solids   | 180.0     | 1.0 cup                             | 0                            |
| 11702  | Artichokes, (globe or french), cooked, boiled, drained, with salt                      | 120.0     | 1.0 artichoke, medium               | 0                            |
| 11115  | Cabbage, savoy, cooked, boiled, drained, without salt                                  | 145.0     | 1.0 cup, shredded                   | 0                            |
| 11489  | Squash, winter, hubbard, raw   | 116.0     | 1.0 cup, cubes                      | 0                            |
| 11228  | Jew's ear, (pepeao), raw   | 99.0      | 1.0 cup slices                      | 0                            |
| 11758  | Carrots, canned, no salt added, solids and liquids                                     | 123.0     | 0.5 cup slices                      | 0                            |

| NDB_No | Description   | Weight(g) | Measure                                | Vitamin D(IU)<br>Per Measure |
|--------|---|-----------|--|------------------------------|
| 11975  | Grape leaves, canned  | 4.0       | 1.0 leaf                               | 0                            |
| 11326  | Peas and onions, frozen, unprepared   | 69.0      | 0.5 cup                                | 0                            |
| 11052  | Beans, snap, green, raw   | 100.0     | 1.0 cup 1/2" pieces                    | 0                            |
| 11846  | Pumpkin, canned, with salt  | 245.0     | 1.0 cup                                | 0                            |
| 11442  | Seaweed, agar, raw  | 10.0      | 2.0 tbsp (1/8 cup)                     | 0                            |
| 11181  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt  | 165.0     | 1.0 cup kernels                        | 0                            |
| 11937  | Pickles, cucumber, dill or kosher dill  | 35.0      | 1.0 spear, small                       | 0                            |
| 11281  | Okra, frozen, cooked, boiled, drained, without salt                                 | 92.0      | 0.5 cup slices                         | 0                            |
| 11568  | Turnip greens, raw  | 55.0      | 1.0 cup, chopped                       | 0                            |
| 11392  | Potatoes, hash brown, frozen, with butter sauce, unprepared                         | 170.0     | 1.0 package (6 oz)                     | 0                            |
| 11720  | Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt            | 94.0      | 0.333 package (10 oz) yields           | 0                            |
| 11007  | Artichokes, (globe or french), raw  | 128.0     | 1.0 artichoke, medium                  | 0                            |
| 11506  | Sweet potato leaves, cooked, steamed, without salt                                  | 64.0      | 1.0 cup                                | 0                            |
| 11810  | Peas, edible-podded, frozen, cooked, boiled, drained, with salt                     | 160.0     | 1.0 cup                                | 0                            |
| 11137  | Cauliflower, frozen, unprepared   | 66.0      | 0.5 cup (1" pieces)                    | 0                            |
| 11901  | Corn, sweet, white, cooked, boiled, drained, without salt                           | 89.0      | 1.0 ear, small (5-1/2" to 6-1/2" long) | 0                            |
| 11246  | Leeks, (bulb and lower leaf-portion), raw   | 89.0      | 1.0 cup                                | 0                            |
| 11774  | Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt       | 165.0     | 1.0 cup                                | 0                            |
| 11355  | Potatoes, red, flesh and skin, raw  | 75.0      | 0.5 cup, diced                         | 0                            |
| 11092  | Broccoli, frozen, chopped, unprepared   | 156.0     | 1.0 cup                                | 0                            |
| 11862  | Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt | 223.0     | 1.0 cup                                | 0                            |
| 11467  | Squash, summer, crookneck and straightneck, raw                                     | 127.0     | 1.0 cup sliced                         | 0                            |
| 11206  | Cucumber, peeled, raw   | 133.0     | 1.0 cup, pared, chopped                | 0                            |
| 11954  | Tomatillos, raw   | 34.0      | 1.0 medium                             | 0                            |
| 11298  | Parsnips, raw   | 133.0     | 1.0 cup slices                         | 0                            |
| 11593  | Waxgourd, (chinese preserving melon), raw   | 132.0     | 1.0 cup, cubes                         | 0                            |
| 11416  | Pumpkin flowers, raw  | 33.0      | 1.0 cup                                | 0                            |
| 11740  | Broccoli, flower clusters, raw  | 71.0      | 1.0 cup flowerets                      | 0                            |
| 11028  | Bamboo shoots, canned, drained solids   | 131.0     | 1.0 cup (1/8" slices)                  | 0                            |
| 11527  | Tomatoes, green, raw  | 180.0     | 1.0 cup                                | 0                            |
| 11827  | Pokeberry shoots, (poke), cooked, boiled, drained, with salt                        | 165.0     | 1.0 cup                                | 0                            |
| 11158  | Chrysanthemum, garland, cooked, boiled, drained, without salt                       | 100.0     | 1.0 cup (1" pieces)                    | 0                            |
| 11695  | Tomatoes, orange, raw   | 158.0     | 1.0 cup, chopped                       | 0                            |
| 11917  | Peppers, sweet, red, frozen, chopped, unprepared                                    | 95.0      | 0.33 package (10 oz)                   | 0                            |
| 11791  | Kale, frozen, cooked, boiled, drained, with salt                                    | 130.0     | 1.0 cup, chopped                       | 0                            |
| 43146  | Eggplant, pickled   | 136.0     | 1.0 cup                                | 0                            |

| NDB_No | Description  | Weight(g) | Measure                                 | Vitamin D(IU)<br>Per Measure |
|--------|--|-----------|---|------------------------------|
| 11372  | Potatoes, scalloped, home-prepared with butter   | 245.0     | 1.0 cup                                 | 0                            |
| 11112  | Cabbage, red, raw  | 89.0      | 1.0 cup, chopped                        | 0                            |
| 11486  | Squash, winter, butternut, cooked, baked, without salt                                 | 205.0     | 1.0 cup, cubes                          | 0                            |
| 11794  | Lambsquarters, cooked, boiled, drained, with salt                                      | 180.0     | 1.0 cup, chopped                        | 0                            |
| 11224  | Hyacinth-beans, immature seeds, raw  | 80.0      | 1.0 cup                                 | 0                            |
| 11322  | Peas and carrots, frozen, unprepared   | 70.0      | 0.5 cup                                 | 0                            |
| 11623  | Kale, scotch, cooked, boiled, drained, without salt                                    | 130.0     | 1.0 cup, chopped                        | 0                            |
| 11881  | Taro, tahitian, cooked, with salt  | 137.0     | 1.0 cup slices                          | 0                            |
| 11843  | Potatoes, au gratin, home-prepared from recipe using margarine                         | 245.0     | 1.0 cup                                 | 0                            |
| 11437  | Salsify, (vegetable oyster), raw   | 133.0     | 1.0 cup slices                          | 0                            |
| 11178  | Corn, sweet, yellow, frozen, kernels cut off cob, unprepared                           | 136.0     | 1.0 cup                                 | 0                            |
| 11278  | Okra, raw  | 100.0     | 1.0 cup                                 | 0                            |
| 11565  | Turnips, cooked, boiled, drained, without salt   | 156.0     | 1.0 cup, cubes                          | 0                            |
| 11387  | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter               | 245.0     | 1.0 cup (unprepared)                    | 0                            |
| 11716  | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt           | 180.0     | 1.0 cup                                 | 0                            |
| 11004  | Amaranth leaves, cooked, boiled, drained, without salt                                 | 132.0     | 1.0 cup                                 | 0                            |
| 11503  | Swamp cabbage, (skunk cabbage), raw  | 56.0      | 1.0 cup, chopped                        | 0                            |
| 11807  | Onions, frozen, whole, cooked, boiled, drained, with salt                              | 210.0     | 1.0 cup                                 | 0                            |
| 11134  | Cassava, raw   | 206.0     | 1.0 cup                                 | 0                            |
| 11647  | Sweet potato, canned, syrup pack, drained solids                                       | 196.0     | 1.0 cup                                 | 0                            |
| 11897  | Yam, cooked, boiled, drained, or baked, with salt                                      | 136.0     | 1.0 cup, cubes                          | 0                            |
| 11242  | Kohlrabi, cooked, boiled, drained, without salt  | 165.0     | 1.0 cup slices                          | 0                            |
| 11771  | Corn, sweet, yellow, canned, no salt added, solids and liquids                         | 256.0     | 1.0 cup                                 | 0                            |
| 11988  | Fungi, Cloud ears, dried   | 28.0      | 1.0 cup                                 | 0                            |
| 11352  | Potatoes, flesh and skin, raw  | 75.0      | 0.5 cup, diced                          | 0                            |
| 11088  | Broadbeans, immature seeds, raw  | 109.0     | 1.0 cup                                 | 0                            |
| 11859  | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt | 192.0     | 1.0 cup slices                          | 0                            |
| 11461  | Spinach, canned, regular pack, drained solids  | 214.0     | 1.0 cup                                 | 0                            |
| 11203  | Cress, garden, raw   | 50.0      | 1.0 cup                                 | 0                            |
| 11951  | Peppers, sweet, yellow, raw  | 186.0     | 1.0 pepper, large (3-3/4" long, 3" dia) | 0                            |
| 11295  | Onion rings, breaded, par fried, frozen, unprepared                                    | 85.0      | 6.0 rings                               | 0                            |
| 11588  | Waterchestnuts, chinese, (matai), raw  | 62.0      | 0.5 cup slices                          | 0                            |
| 11412  | Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated     | 133.0     | 10.0 strip                              | 0                            |
| 11734  | Beets, cooked, boiled. drained, with salt  | 85.0      | 0.5 cup slices                          | 0                            |
| 11025  | Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt                | 124.0     | 1.0 cup (1/2" pieces)                   | 0                            |
| 11523  | Taro shoots, cooked, without salt  | 140.0     | 1.0 cup slices                          | 0                            |

| NDB_No | Description   | Weight(g) | Measure                           | Vitamin D(IU)<br>Per Measure |
|--------|---|-----------|-----------------------------------|------------------------------|
| 11824  | Peppers, sweet, red, cooked, boiled, drained, with salt                           | 12.0      | 1.0 tbsp                          | 0                            |
| 11154  | Chicory roots, raw  | 60.0      | 1.0 root                          | 0                            |
| 11677  | Shallots, raw   | 10.0      | 1.0 tbsp chopped                  | 0                            |
| 11914  | Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt | 165.0     | 1.0 cup kernels                   | 0                            |
| 11788  | Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt                | 87.0      | 1.0 cup                           | 0                            |
| 43142  | Radishes, hawaiian style, pickled   | 150.0     | 1.0 cup                           | 0                            |
| 11369  | Potatoes, microwaved, cooked in skin, skin, without salt                          | 58.0      | 1.0 skin                          | 0                            |
| 11108  | Butterbur, canned   | 124.0     | 1.0 cup, chopped                  | 0                            |
| 11875  | Sweet potato, cooked, baked in skin, flesh, with salt                             | 114.0     | 1.0 medium (2" dia, 5" long, raw) | 0                            |
| 11483  | Squash, winter, acorn, cooked, baked, without salt                                | 205.0     | 1.0 cup, cubes                    | 0                            |
| 11221  | Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt              | 178.0     | 1.0 cup (1" pieces)               | 0                            |
| 11313  | Peas, green, frozen, cooked, boiled, drained, without salt                        | 80.0      | 0.5 cup                           | 0                            |
| 11620  | Drumstick pods, raw   | 100.0     | 1.0 cup slices                    | 0                            |
| 11878  | Taro, cooked, with salt   | 132.0     | 1.0 cup slices                    | 0                            |
| 11432  | Radishes, oriental, dried   | 116.0     | 1.0 cup                           | 0                            |
| 11754  | Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt                   | 170.0     | 1.0 cup, shredded                 | 0                            |
| 11972  | Lemon grass (citronella), raw   | 67.0      | 1.0 cup                           | 0                            |
| 11048  | Beans, pinto, immature seeds, frozen, unprepared                                  | 94.0      | 0.333 package (10 oz)             | 0                            |
| 11275  | Mustard spinach, (tendergreen), cooked, boiled, drained, without salt             | 180.0     | 1.0 cup, chopped                  | 0                            |
| 11559  | Tomato products, canned, sauce, with tomato tidbits                               | 244.0     | 1.0 cup                           | 0                            |
| 11384  | Potatoes, au gratin, dry mix, unprepared  | 26.0      | 0.167 package (5.5 oz)            | 0                            |
| 11712  | Bamboo shoots, cooked, boiled, drained, with salt                                 | 120.0     | 1.0 cup (1/2" slices)             | 0                            |
| 11499  | Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids   | 255.0     | 1.0 cup                           | 0                            |
| 11804  | Okra, frozen, cooked, boiled, drained, with salt                                  | 92.0      | 0.5 cup slices                    | 0                            |
| 11128  | Carrots, canned, regular pack, drained solids                                     | 146.0     | 1.0 cup, sliced                   | 0                            |
| 11643  | Squash, winter, all varieties, raw  | 116.0     | 1.0 cup, cubes                    | 0                            |
| 11894  | Vegetables, mixed, frozen, cooked, boiled, drained, with salt                     | 91.0      | 0.5 cup                           | 0                            |
| 11768  | Collards, cooked, boiled, drained, with salt                                      | 190.0     | 1.0 cup, chopped                  | 0                            |
| 11985  | Fireweed, leaves, raw   | 23.0      | 1.0 cup, chopped                  | 0                            |
| 11349  | Poi   | 240.0     | 1.0 cup                           | 0                            |
| 11084  | Beets, canned, drained solids   | 157.0     | 1.0 cup, diced                    | 0                            |
| 11856  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt              | 95.0      | 0.5 cup                           | 0                            |
| 11457  | Spinach, raw  | 30.0      | 1.0 cup                           | 0                            |
| 11200  | Yardlong bean, cooked, boiled, drained, without salt                              | 104.0     | 1.0 cup slices                    | 0                            |
| 11948  | Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)          | 6.0       | 1.0 slice                         | 0                            |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw                         | 100.0     | 1.0 cup, chopped                  | 0                            |

| NDB_No | Description   | Weight(g) | Measure              | Vitamin D(IU)<br>Per Measure |
|--------|---|-----------|----------------------|------------------------------|
| 11583  | Vegetables, mixed, frozen, unprepared   | 95.0      | 0.33 package (10 oz) | 0                            |
| 11408  | Potatoes, frozen, french fried, par fried, extruded, unprepared                             | 65.0      | 10.0 strips          | 0                            |
| 11731  | Beans, snap, green, frozen, cooked, boiled, drained, with salt                              | 135.0     | 1.0 cup              | 0                            |
| 11022  | Balsam-pear (bitter gourd), leafy tips, raw   | 4.0       | 1.0 leaf             | 0                            |
| 11520  | Taro leaves, raw  | 28.0      | 1.0 cup              | 0                            |
| 11821  | Peppers, sweet, red, raw  | 149.0     | 1.0 cup, chopped     | 0                            |
| 11150  | Chayote, fruit, cooked, boiled, drained, without salt                                       | 160.0     | 1.0 cup (1" pieces)  | 0                            |
| 11674  | Potatoes, baked, flesh and skin, without salt   | 148.0     | 1.0 NLEA serving     | 0                            |
| 11911  | Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt              | 165.0     | 1.0 cup              | 0                            |
| 11258  | Mountain yam, hawaii, raw   | 68.0      | 0.5 cup, cubes       | 0                            |
| 11785  | Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt                           | 178.0     | 1.0 cup (1" pieces)  | 0                            |
| 31034  | Peppers, hot pickled, canned  | 34.0      | 0.25 cup drained     | 0                            |
| 11366  | Potatoes, boiled, cooked in skin, skin, without salt  | 34.0      | 1.0 skin             | 0                            |
| 11104  | Burdock root, raw   | 118.0     | 1.0 cup (1" pieces)  | 0                            |
| 11872  | Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt                     | 170.0     | 1.0 cup              | 0                            |
| 11480  | Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt      | 223.0     | 1.0 cup              | 0                            |
| 11218  | Gourd, white-flowered (calabash), raw   | 58.0      | 0.5 cup (1" pieces)  | 0                            |
| 11310  | Peas, green, canned, seasoned, solids and liquids   | 227.0     | 1.0 cup              | 0                            |
| 11615  | Chives, freeze-dried  | 0.2       | 1.0 tbsp             | 0                            |
| 11429  | Radishes, raw   | 116.0     | 1.0 cup slices       | 0                            |
| 11751  | Cabbage, common, cooked, boiled, drained, with salt   | 75.0      | 0.5 cup, shredded    | 0                            |
| 11968  | Cauliflower, green, cooked, with salt   | 62.0      | 0.5 cup (1" pieces)  | 0                            |
| 11044  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt                   | 124.0     | 1.0 cup              | 0                            |
| 11840  | Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt | 50.0      | 10.0 strips          | 0                            |
| 11174  | Corn, sweet, yellow, canned, cream style, regular pack                                      | 256.0     | 1.0 cup              | 0                            |
| 11931  | Peppers, sweet, red, freeze-dried   | 0.4       | 1.0 tbsp             | 0                            |
| 11709  | Asparagus, frozen, cooked, boiled, drained, with salt                                       | 180.0     | 1.0 cup              | 0                            |
| 11119  | Cabbage, chinese (pe-tsai), raw   | 76.0      | 1.0 cup, shredded    | 0                            |
| 11493  | Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt                  | 155.0     | 1.0 cup              | 0                            |
| 11801  | Mustard spinach, (tendergreen), cooked, boiled, drained, with salt                          | 180.0     | 1.0 cup, chopped     | 0                            |
| 11124  | Carrots, raw  | 128.0     | 1.0 cup chopped      | 0                            |
| 11640  | Shallots, freeze-dried  | 0.9       | 1.0 tbsp             | 0                            |
| 11891  | Turnip greens, cooked, boiled, drained, with salt   | 144.0     | 1.0 cup, chopped     | 0                            |
| 11236  | Kale, frozen, cooked, boiled, drained, without salt   | 130.0     | 1.0 cup, chopped     | 0                            |
| 11765  | Chard, swiss, cooked, boiled, drained, with salt  | 175.0     | 1.0 cup, chopped     | 0                            |
| 11982  | Peppers, pasilla, dried   | 7.0       | 1.0 pepper           | 0                            |

| NDB_No | Description   | Weight(g) | Measure                               | Vitamin D(IU)<br>Per Measure |
|--------|---|-----------|---------------------------------------|------------------------------|
| 11339  | Peppers, sweet, green, sauteed  | 115.0     | 1.0 cup chopped                       | 0                            |
| 11080  | Beets, raw  | 136.0     | 1.0 cup                               | 0                            |
| 11853  | Soybeans, green, cooked, boiled, drained, with salt   | 180.0     | 1.0 cup                               | 0                            |
| 11451  | Soybeans, green, cooked, boiled, drained, without salt  | 180.0     | 1.0 cup                               | 0                            |
| 11197  | Cowpeas, young pods with seeds, raw   | 94.0      | 1.0 cup                               | 0                            |
| 11945  | Pickle relish, sweet  | 15.0      | 1.0 tbsp                              | 0                            |
| 11288  | Onions, frozen, chopped, cooked, boiled, drained, without salt                                  | 15.0      | 1.0 tbsp chopped                      | 0                            |
| 11578  | Vegetable juice cocktail, canned  | 253.0     | 1.0 cup                               | 0                            |
| 11403  | Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated | 76.0      | 10.0 fries                            | 0                            |
| 11728  | Beans, snap, yellow, canned, no salt added, solids and liquids                                  | 120.0     | 0.5 cup                               | 0                            |
| 11015  | Asparagus, canned, drained solids   | 242.0     | 1.0 cup                               | 0                            |
| 11517  | Sweet potato, frozen, cooked, baked, without salt   | 176.0     | 1.0 cup, cubes                        | 0                            |
| 11818  | Peas and onions, frozen, cooked, boiled, drained, with salt                                     | 180.0     | 1.0 cup                               | 0                            |
| 11147  | Chard, swiss, raw   | 36.0      | 1.0 cup                               | 0                            |
| 11670  | Peppers, hot chili, green, raw  | 45.0      | 1.0 pepper                            | 0                            |
| 11908  | Corn, sweet, white, canned, vacuum pack, regular pack   | 210.0     | 1.0 cup                               | 0                            |
| 11254  | Lotus root, raw   | 81.0      | 10.0 slices (2-1/2" dia)              | 0                            |
| 11782  | Dandelion greens, cooked, boiled, drained, with salt  | 105.0     | 1.0 cup, chopped                      | 0                            |
| 31023  | Sweet Potatoes, french fried, frozen as packaged, salt added in processing                      | 51.0      | 12.0 fries                            | 0                            |
| 11363  | Potatoes, baked, flesh, without salt  | 61.0      | 0.5 cup                               | 0                            |
| 11099  | Brussels sprouts, cooked, boiled, drained, without salt   | 21.0      | 1.0 sprout                            | 0                            |
| 11869  | Squash, winter, hubbard, cooked, boiled, mashed, with salt                                      | 236.0     | 1.0 cup, mashed                       | 0                            |
| 11477  | Squash, summer, zucchini, includes skin, raw  | 124.0     | 1.0 cup, chopped                      | 0                            |
| 11214  | Escarole, cooked, boiled, drained, no salt added  | 150.0     | 1.0 cup                               | 0                            |
| 11961  | Hearts of palm, canned  | 146.0     | 1.0 cup                               | 0                            |
| 11305  | Peas, green, cooked, boiled, drained, without salt  | 160.0     | 1.0 cup                               | 0                            |
| 11605  | Beets, harvard, canned, solids and liquids  | 246.0     | 1.0 cup slices                        | 0                            |
| 11426  | Pumpkin pie mix, canned   | 270.0     | 1.0 cup                               | 0                            |
| 11747  | Burdock root, cooked, boiled, drained, with salt  | 125.0     | 1.0 cup (1" pieces)                   | 0                            |
| 11964  | Nopales, cooked, without salt   | 149.0     | 1.0 cup                               | 0                            |
| 11039  | Lima beans, immature seeds, frozen, baby, unprepared  | 164.0     | 1.0 cup                               | 0                            |
| 11546  | Tomato products, canned, paste, without salt added  | 66.0      | 0.25 cup                              | 0                            |
| 11834  | Potatoes, microwaved, cooked, in skin, flesh and skin, with salt                                | 202.0     | 1.0 potato (2-1/3" x 4-3/4")          | 0                            |
| 11168  | Corn, sweet, yellow, cooked, boiled, drained, without salt                                      | 89.0      | 1.0 ear small (5-1/2" to 6-1/2" long) | 0                            |
| 11928  | Tree fern, cooked, with salt  | 31.0      | 1.0 frond (6-1/2" long)               | 0                            |
| 11272  | Mustard greens, frozen, unprepared  | 146.0     | 1.0 cup, chopped                      | 0                            |

| NDB_No | Description  | Weight(g) | Measure                           | Vitamin D(IU)<br>Per Measure |
|--------|--|-----------|-----------------------------------|------------------------------|
| 11553  | Tomato products, canned, sauce, with onions  | 245.0     | 1.0 cup                           | 0                            |
| 11381  | Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added | 210.0     | 1.0 cup                           | 0                            |
| 11632  | Peppers, jalapeno, canned, solids and liquids  | 136.0     | 1.0 cup, chopped                  | 0                            |
| 11888  | Tomato products, canned, puree, with salt added  | 250.0     | 1.0 cup                           | 0                            |
| 11233  | Kale, raw  | 16.0      | 1.0 cup 1" pieces, loosely packed | 0                            |
| 11762  | Cauliflower, frozen, cooked, boiled, drained, with salt  | 180.0     | 1.0 cup (1" pieces)               | 0                            |
| 11979  | Peppers, jalapeno, raw   | 90.0      | 1.0 cup, sliced                   | 0                            |
| 11334  | Peppers, sweet, green, cooked, boiled, drained, without salt                                   | 135.0     | 1.0 cup, chopped or strips        | 0                            |
| 11058  | Beans, snap, canned, all styles, seasoned, solids and liquids                                  | 114.0     | 0.5 cup                           | 0                            |
| 11850  | Radishes, oriental, cooked, boiled, drained, with salt   | 147.0     | 1.0 cup slices                    | 0                            |
| 11447  | Sesbania flower, raw   | 3.0       | 1.0 flower                        | 0                            |
| 11192  | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt                     | 165.0     | 1.0 cup                           | 0                            |
| 11941  | Pickles, cucumber, sour  | 155.0     | 1.0 cup                           | 0                            |
| 11285  | Onions, canned, solids and liquids   | 63.0      | 1.0 onion                         | 0                            |
| 11575  | Turnip greens, frozen, cooked, boiled, drained, without salt                                   | 164.0     | 1.0 cup                           | 0                            |
| 11399  | Potato puffs, frozen, oven-heated  | 79.0      | 10.0 puffs                        | 0                            |
| 11725  | Beans, snap, yellow, cooked, boiled, drained, with salt  | 125.0     | 1.0 cup                           | 0                            |
| 11011  | Asparagus, raw   | 134.0     | 1.0 cup                           | 0                            |
| 11512  | Sweet potato, canned, vacuum pack  | 255.0     | 1.0 cup, mashed                   | 0                            |
| 11814  | Peas, green, frozen, cooked, boiled, drained, with salt  | 80.0      | 0.5 cup                           | 0                            |
| 11143  | Celery, raw  | 101.0     | 1.0 cup chopped                   | 0                            |
| 11660  | Tomatoes, red, ripe, cooked, stewed  | 101.0     | 1.0 cup                           | 0                            |
| 11905  | Corn, sweet, white, canned, whole kernel, drained solids                                       | 164.0     | 1.0 cup                           | 0                            |
| 11251  | Lettuce, cos or romaine, raw   | 47.0      | 1.0 cup shredded                  | 0                            |
| 11779  | Cowpeas, young pods with seeds, cooked, boiled, drained, with salt                             | 95.0      | 1.0 cup                           | 0                            |
| 11359  | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased | 82.0      | 10.0 strip                        | 0                            |
| 11096  | Broccoli raab, raw   | 40.0      | 1.0 cup chopped                   | 0                            |
| 11866  | Squash, winter, butternut, cooked, baked, with salt  | 205.0     | 1.0 cup, cubes                    | 0                            |
| 11474  | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt      | 192.0     | 1.0 cup slices                    | 0                            |
| 11210  | Eggplant, cooked, boiled, drained, without salt  | 99.0      | 1.0 cup (1" cubes)                | 0                            |
| 11958  | Pickle relish, hamburger   | 15.0      | 1.0 tbsp                          | 0                            |
| 11302  | Peas, edible-podded, frozen, unprepared  | 144.0     | 1.0 cup                           | 0                            |
| 11601  | Yam, raw   | 150.0     | 1.0 cup, cubes                    | 0                            |
| 11422  | Pumpkin, raw   | 116.0     | 1.0 cup (1" cubes)                | 0                            |
| 11744  | Broccoli, frozen, spears, cooked, boiled, drained, with salt                                   | 92.0      | 0.5 cup                           | 0                            |
| 11033  | Lima beans, immature seeds, canned, regular pack, solids and liquids                           | 124.0     | 0.5 cup                           | 0                            |

| NDB_No | Description   | Weight(g) | Measure           | Vitamin D(IU)<br>Per Measure |
|--------|---|-----------|-------------------|------------------------------|
| 11533  | Tomatoes, red, ripe, canned, stewed                                       | 255.0     | 1.0 cup           | 0                            |
| 11831  | Potatoes, boiled, cooked in skin, flesh, with salt                        | 78.0      | 0.5 cup           | 0                            |
| 11164  | Collards, frozen, chopped, cooked, boiled, drained, without salt          | 170.0     | 1.0 cup, chopped  | 0                            |
| 11700  | Amaranth leaves, cooked, boiled, drained, with salt                       | 132.0     | 1.0 cup           | 0                            |
| 11922  | Sesbania flower, cooked, steamed, with salt                               | 104.0     | 1.0 cup           | 0                            |
| 43365  | Tomato and vegetable juice, low sodium                                    | 242.0     | 1.0 cup           | 0                            |
| 11378  | Potatoes, mashed, dehydrated, flakes without milk, dry form               | 60.0      | 1.0 cup           | 0                            |
| 11703  | Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt | 168.0     | 1.0 cup           | 0                            |
| 11116  | Cabbage, chinese (pak-choi), raw  | 70.0      | 1.0 cup, shredded | 0                            |
| 11490  | Squash, winter, hubbard, baked, without salt                              | 205.0     | 1.0 cup, cubes    | 0                            |
| 11230  | Pepeao, dried   | 24.0      | 1.0 cup           | 0                            |